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Tuesday, April 18, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

MISSANDEI IS A SPEED RACER

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WALL OF MEDIOCRITY

Glen Macnow says the Phillies are overreaching for Wall of Fame inductees, like Pat Burrell. Should the team take a few years off? 22

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MNUCHIN WARNS OF TAX REFORM DELAY

1 U.S. Treasury Secretary Steven Mnuchin said the Trump administration's timetable for tax reform is set to falter following setbacks in negotiations with Congress over health care, the Financial Times reported. Mnuchin told the Financial Times in an interview that the target to get tax reforms through Congress and on President Donald Trump's desk before August was "highly aggressive to not realistic at this

point." "It is fair to say it is probably delayed a bit because of the healthcare," Mnuchin told the newspaper. Mnuchin also told the Financial Times he agreed with Trump's view that the dollar's strength in the short term was hurting exports, but said he saw the currency's strength over the long term as a positive. REUTERS

COURT HALTS FIRST TWO OF PLANNED EXECUTIONS

2 The Arkansas Supreme Court halted two executions hours before they were scheduled to take place on Monday, as the state battled in various courts to carry out a plan that originally called for a record eight executions over 11 days in April. In a split decision, the state's highest court halted the executions of convicted murderers Don Davis and Bruce Ward, who have spent over 20 years each on death row. Lawyers for the inmates had raised questions about their mental competency. "The Attorney General is considering options as to how to proceed," Judd Deere, a spokesman for Attorney General Leslie Rutledge, said in a statement. Arkansas had asked a U.S. appeals court earlier on Monday to allow the eight executions before the state's lethal-injection drugs expire at the end of April. REUTERS

PENCE WARNS NORTH KOREA OF US RESOLVE

3 Vice President Mike Pence put North Korea on notice on Monday, warning that recent U.S. military strikes in Syria and Afghanistan showed the resolve of President Donald Trump should not be tested. Pence and South Korean acting president Hwang Kyo-ahn, speaking after a failed missile test by North Korea and a huge display of missiles in Pyongyang, said they would

move ahead with the early deployment to South Korea of the U.S. THAAD missile-defense system. Pence was on the first stop of a four-nation Asia tour intended to show that the Trump administration is not turning its back on the increasingly volatile region. REUTERS

5 THINGS YOU NEED TO KNOW

TRUMP & CRAFTS

4 President Donald Trump joins children at a craft table during the 139th Easter Egg Roll on the South Lawn of the White House on Monday in Washington. GETTY IMAGES

IRAQI VP: ISIS SEEKING ALLIANCE WITH AL QAEDA

5 Islamic State is talking to al Qaeda about a possible alliance as Iraqi troops close in on ISIS fighters in Mosul, Iraqi Vice President Ayad Allawi said in an interview. Allawi said he got the information on Monday from Iraqi and regional contacts knowledgeable about Iraq. "The discussion has started now," Allawi said. "There are discussions and dialogue between messengers representing Baghdadi and representing Zawahiri," referring to Islamic State leader Abu Bakr al Baghdadi and Ayman al Zawahiri, the head of al Qaeda. Islamic State split from al Qaeda in 2014 and the two groups have since waged an acrimonious battle for recruits, funding and the mantle of global jihad. Zawahiri has publicly criticized Islamic State for its brutal methods, which have included beheadings, drownings and immolation. REUTERS

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KIMBERLY M. AQUILINA, WEB REPORTER

While you're trying on a party dress or checking out your bum in those skinny jeans, could someone else be watching you get undressed? Police issued a warning about a hook that looks like any other clothing hook, something you'd expect in a changing room — but inside this hook lies a hidden camera. **metro.us/news.**

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Freedom

3 Philadelphia Tuesday, April 18, 2017

A new report about labor and sex trafficking among homeless youth in the U.S. found that one-fifth are victims of human trafficking. CREATIVE COMMONS/IMAGENS EVANGÉLICAS

Report: 1 in 5 homeless youths is victim of human trafficking

In the largest study of its kind, researchers interviewed homeless youths 21 and under in a dozen cities, including Philadelphia, Los Angeles and Washington.

HAYDEN MITMAN
@MetroPhilly
letters@metro.us

In Philadelphia, human trafficking happens every day, according to human rights experts and advocates.

Many of those victims are homeless youth — among the most vulnerable population — said John Ducoff, executive director of Covenant House Pennsylvania, which provides beds and support services to those in need.

Now, in the largest study of its kind, researchers have found that roughly one-fifth of all homeless youth in the U.S. are victims of human trafficking, often for purposes of sex.

The study also showed that LGBTQ youth were "disproportionately affected." That population accounted for nearly 20 percent of the respondents interviewed, and for one-third of the sex-trafficking victims.

Philadelphia was among the dozen cities the report investigated, along with Toronto and Vancouver. The others were: Anchorage, Atlanta Detroit Fort Lauderdale, Los Angeles, New Orleans, Oakland, Phoenix, St. Louis and Washington.

The report, "Labor and Sex Trafficking Among Homeless Youth," is composed of two studies, one involving sex trafficking and the other involving labor trafficking. Covenant House funded the report, through a grant from the Hickey Family Foundation.

Officials from the University of Pennsylvania's Field Center for Children's Policy, Practice and Research; and those from New Orleans' Loyola University Modern Slavery Research Project released the findings on Monday.

Staffers interviewed more than 900 homeless young people who access services primarily through Covenant House.

About a fifth of those interviewed were victims of some form of human trafficking, which could also involve acting as drug runners. The youths who spoke with researchers were all 21 and under.

In Philadelphia, Ducoff said Covenant House has recently been able to expand to offer 76 beds for homeless youths. While that is a step in the right direction, he said, far more has to be done, both in the city and around the nation to provide the kind of support young people need.

"This is incredible trauma for a young person … it involves a long road to healing," he said.

Debra Schilling Wolfe, executive director of the Field Center, said the number of total victims was probably higher than the reports show. "There's a whole hidden population we aren't seeing," she said. "This is just the tip of the iceberg."

What the studies do help show, said Ducoff, is that human trafficking is a local concern, not just an international issue.

"If we want to reduce instances of human trafficking, we have to look at youth homelessness," he said. "These are the same kids."

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El Salvadoran immigrant children sit while talking with Border Patrol agents after a group of Central American families crossed into the United States to seek asylum last year. ALL IMAGES COURTESY GETTY IMAGES

Supreme Court snubs appeal by asylum seekers in Philadelphia

Immigration judges ruled that the families lack "credible fear" of persecution to qualify for asylum.

The Supreme Court sidestepped a turbulent debate over illegal immigration on Monday, turning away an appeal by a group of asylum-seeking Central American women and their children who aimed to clarify the constitutional rights of people whom the government has prioritized for deportation.

The families, 28 women and 33 children ages 2 to 17 from El Salvador, Honduras and Guatemala, had hoped the justices would overturn a lower court's ruling preventing them from having their expedited removal orders reviewed by a federal judge.

A mother and child from Turkey wait to be put into a police vehicle after they crossed the U.S.-Canada border..

That Philadelphia-based court said the status of the families, all apprehended in Texas and later held in Pennsylvania, was akin to non-citizens who are denied entry at the border and they were not entitled to a court hearing to challenge that decision.

The families have said they were escaping threats, violence and police authorities unable or unwilling to help in their home countries.

Lead plaintiff Rosa Castro fled El Salvador to escape years of rape, beatings and emotional abuse by the father of her son, who was 6 years old when they arrived in the United States in 2015, according to court papers. Lesly Cruz, who also arrived in 2015, fled Honduras to protect her daughter from sexual assault by members of the Mara Salvatrucha armed gang, the court papers said.

The families were apprehended in Texas within hours of illegally crossing the U.S.-Mexican border. After claiming asylum, they were determined by immigration judges to lack "credible fear" of persecution, and placed in expedited removal proceedings.

The families were detained at Berks County Residential Center in Leesport, Pennsylvania, where 12 women and their children remain. The others have been released under orders of supervision, according to the American Civil Liberties Union, which is representing them.

The women challenged in federal court the rejection of their asylum claims, alleging a violation of their right to due process under the Constitution.

In August, the 3rd U.S. Circuit Court of Appeals in Philadelphia said they may be treated the same way as non-citizens seeking initial admission to the United States, who do not have any constitutional rights of review if denied entry.

The women appealed to the Supreme Court.

Reporting by Andrew Chung. REUTERS

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False reports of Facebook shooter in Philly cause school lockdowns

Police are searching for a gunman who posted a video of himself killing an elderly man.

Steve W. Stephens ALL IMAGES COURTESY FBI

Law enforcement officials in several states are on the lookout for a murder suspect who police said posted a video of himself on Facebook shooting an elderly man in Cleveland.

An unconfirmed sighting of the man in West Fairmount Park on Monday prompted more than 30 Philadelphia schools to lock down for about two hours, authorities said.

The sighting proved to be false.

The search for the suspect, Steve Stephens, widened Monday as authorities asked the public for help and pleaded with him to turn himself in.

Police said they have searched "dozens of locations" for Stephens and tried to convince him to turn himself in when they spoke with him on his cellphone on Sunday after the shooting.

"Obviously, this individual is armed and dangerous, and quite frankly at this point he could be in a lot of places," FBI Special Agent in Charge Stephen Anthony said during a news conference in Cleveland.

Police said Stephens used Facebook to post video of him killing 74-year-old Robert Godwin Sr. Stephens is not believed to have known Godwin, a retired foundry worker who media reports said spent Easter Sunday morning with his son and daughter-in-law before he was killed.

Godwin was the father of nine children and grandfather of 14, his son, Robert Godwin Jr. told the Cleveland Plain Dealer.

"I haven't watched the video. I haven't even looked at my cellphone or the news," Godwin Jr. told the newspaper. "I don't really want to see it."

Stephens, who has no prior criminal record, is not suspected in any other murders, despite a claim he made in the video of having killed more than a dozen other people, police said.

"We're asking the public to remain vigilant," Cleveland Police Chief Calvin Williams said. "We're asking you to go about your day, but be careful."

The last confirmed sighting of Stephens was at the scene of the shooting. Police said he might be driving a white or cream-colored Ford Fusion, and asked anyone who spots him or his car to call police or a special FBI hotline (800-CALLFBI).

Stephens had worked since 2008 as a vocational specialist and youth mentor at Beech Brook, a behavioral health agency located in a Cleveland suburb.

Late Sunday night Cleveland police issued an aggravated murder warrant for Stephens and warned he could have crossed into Pennsylvania, New York, Indiana or Michigan. REUTERS

Stephens' vehicle

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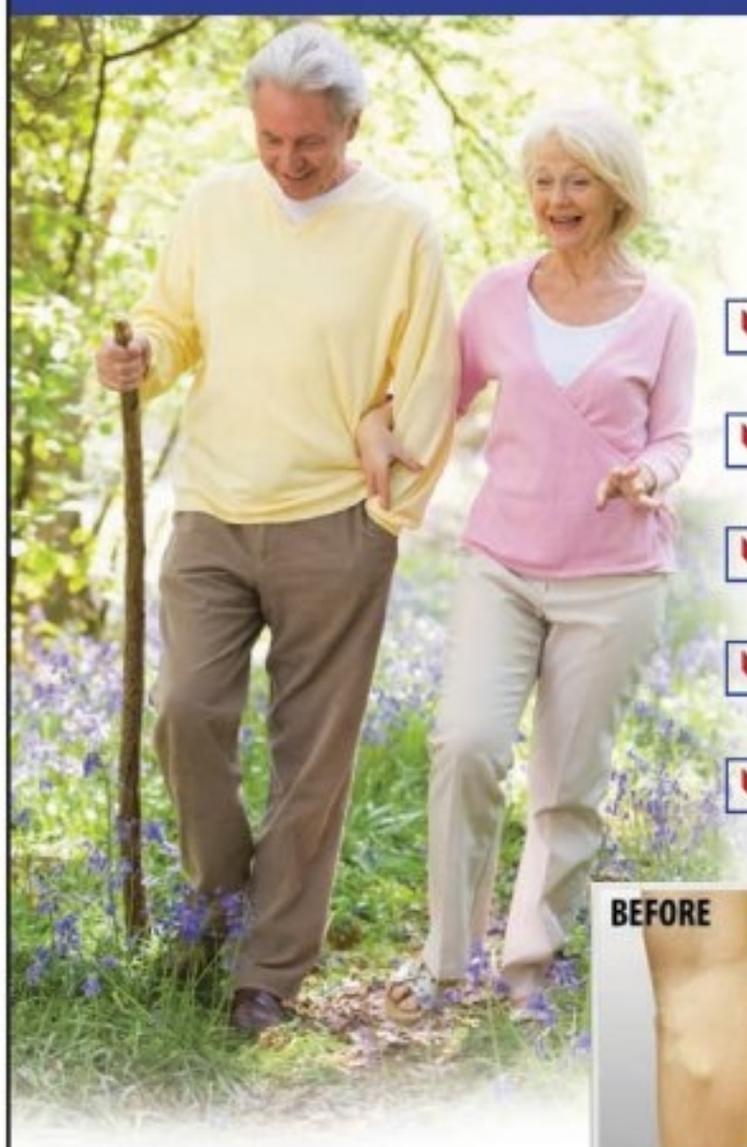

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ROB WONDERLING

I had three childhood heroes: Abe Lincoln, Roberto Clemente and Martin Luther King Jr. Although I did not realize it at the time, all three of these iconic individuals ended up with tragic and early ends as a result of their unwavering commitment to serve others.

More specifically, Abe, Roberto and Martin maintained their integrity despite the wrath of the status quo, standing up for equality across all demographics despite the animosity that resulted from their bravery.

It is through their lives and legacy along with my own personal journey that I have worked hard to set a high standard for diversity, inclusion and invitation.

Through the influence of these great leaders and the constant work towards equality for all, I am proud to say that our Chamber of Commerce for Greater Philadelphia will be honored with the 2017 Anti-Defamation League Americanism Award for our comprehensive efforts to encourage diversity of thought, leadership, business and public policy initiatives regardless of race, age, ethnicity, gender and sexual orientation.

The Philadelphia Chamber of Commerce has set a high standard for diversity, inclusion and invitation. GETTY IMAGES

Lead by a dedicated group of volunteer business and civic leaders, the Chamber's Diversity and Inclusion Team is committed to excellence in the management of all diverse people regardless of differences. There are no restrictions to participate in any activity of the Chamber on the basis of economic position, gender, race, creed, age, sexual orientation, gender identity, national origin or disability.

At the Chamber, we recognize that diverse perspectives are vital for responsible and representative decision-making. We believe inclusiveness is a fundamental principle of every organization that enhances its ability to respond more effectively to changing demographics and needs, and we affirm our commitment to reflecting the diversity of the Greater Philadelphia region.

If you are interested in learning more about how to get involved in the discussion of diversity, contact me at rwonderling@chamberphl.com.

Abe Lincoln not only saved the Union but also insured the freedom for millions to come. Roberto Clemente not only swung a big bat but also loomed large on the American sports landscape in speaking out on behalf of Latino athletes. Of course, Martin Luther King imbued in us the powerful notion and obligation not to judge by color but by the content of our character. At the Chamber of Commerce for Greater Philadelphia, we will strive every day to make it so!

Rob Wonderling is president of The Chamber of Commerce for Greater Philadelphia.

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Gorsuch energetic in first US high court arguments

Gorsuch, whose confirmation to the lifetime job restored the court's conservative majority, exhibited composure and confidence, sitting on the far right of the bench in the ornate courtroom, alongside liberal Justice Sonia Sotomayor.

Gorsuch GETTY IMAGES

President Donald Trump's appointee Neil Gorsuch on Monday showed himself to be a frequent and energetic questioner during Supreme Court arguments in his first day hearing cases as a justice, at one point even apologizing for talking too much.

The first of the three one-hour arguments before the justices on Monday involved an employment dispute. Gorsuch grilled lawyer Christopher Landau, who represented a man claiming he was discriminated against by the Census Bureau, over the fine points of a law governing civil service employees.

The justices, with the exception of the usually silent Clarence Thomas, are known for their aggressive questioning, and Gorsuch showed no qualms about jumping right in.

"I'm sorry for taking up so much time, I apologize," Gorsuch said after his first lengthy exchange, sitting back in his high-backed chair and smiling.

Chief Justice John Roberts welcomed Gorsuch to the court before oral arguments began. "Justice Gorsuch, we wish you a long and happy career in our common calling," Roberts said.

Gorsuch responded by thanking his new colleagues for their "warm welcome."

Gorsuch stepped in three times during the first one-hour argument, on each occasion asking a string of questions about the complicated federal law at issue. As he indicated during his Senate confirmation hearing last month, his line of inquiry focused on the text of the statute, an approach also embraced by the man he replaced on the court, Antonin Scalia, and other conservative jurists.

"Wouldn't it be a lot easier if we followed the plain text of the statute? What am I missing?" Gorsuch asked government lawyer Brian Fletcher at one point. REUTERS

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Black Hawk Army helicopter crash in Maryland leaves one dead, two injured

A Black Hawk U.S. Army helicopter crashed on a Maryland golf course on Monday, killing one crewmember and seriously injuring two others, the military said.

The UH-60 Black Hawk from Fort Belvoir, Virginia, made a "hard landing" shortly before 2 p.m. EDT near Leonardtown, Maryland, about 35 miles southeast of Washington, base spokeswoman Jennifer Brande said.

One of those injured was in critical condition and the other in serious condition at the University of Maryland's R. Adams Cowley Shock Trauma Center, the Army said in a statement.

The Army did not release the names of the crewmembers.

The helicopter were conducting a routine training flight, the Army said. The cause of the crash is under investigation, which will be led by Army officials from Fort Rucker, Alabama.

The helicopter went down at the Breton Bay Golf and Country Club, according to a club secretary.

Witness Elizabeth Willing told local news outlet Thebaynet.com that she and a friend were kayaking in Breton Bay when they saw three helicopters, with one lagging behind.

REUTERS

UH-60 Sikorsky Black Hawk

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United kicks couple going to their wedding off plane over seating

An engaged couple were removed from a United Airlines flight to Costa Rica on Saturday, as the airline remained under scrutiny following outrage caused by a video last week of a passenger being forcibly removed from a flight.

According to the couple, who said they were en route to get married, a federal marshal had escorted them from the plane before takeoff from Houston, Texas, but United denied this on Sunday, saying in a statement that neither a marshal nor other authorities was involved.

The couple "repeatedly attempted to sit in upgraded seating which they did not purchase and they would not follow crew instructions to return to their assigned seats," United said in a statement, adding "They were asked to leave the plane by our staff and complied."

The statement from a United spokeswoman said the airline offered the couple a discounted hotel rate for the night, and rebooked them on a Sunday morning flight.

But Michael Hohl and his fiancee, Amber Maxwell, told KHOU they tried to pay for upgraded seating and were denied, after finding another passenger sleeping across their seats when they were the last to board.

After moving within the economy cabin a few rows up, flight crew denied their request to pay a supplement for the seats, which United sells as "economy plus," and told them to move back to their original seats, Hohl said.

"We thought not a big deal, it's not like we are trying to jump up into a first-class seat," Hohl told KHOU. "We were simply in an economy row a few rows above our economy seat."

Another incident for United Airlines
GETTY IMAGES

REUTERS

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Ben Affleck packs up, moves out, moves on

Ben Affleck is ready to move on from his divorce, and I am too.

Last week, Jennifer Garner, 45, finally got around to filling for divorce after some well-covered ups and downs. TMZ reports that after Affleck's stint in rehab, Garner thought it was a good time to be like, "Oh yeah, BTW, this is not going to work, byeeeeee!"

But the actors want to assure you that despite the split, everything is totally chill. So chill, in fact, that the 44-year-old is just now moving out. According to DailyMail, Affleck is out of the family home, and has already started dating someone new (albeit casually). Frankly, I'm impressed with his surprisingly vast emotional capacity: to be able to date the week after your on again/off again wife files for divorce is kind of insane.

Sources tell the site the divorce will take at least six months because Affleck and Garner thought love was real and never discussed dividing assets because they were "ambivalent about the divorce." OK, sure!

The gentle giant with the Boston brogue and the woman from the Capital One commercials were married in 2005 and were together for a total of 12 years. They share three children: Violet, 11; Seraphina, 8; and Samuel, 5.

It's good to see that Affleck is moving on with his life, or whatever. If he can make it through this, surely he can make it through all the horrible Batman movies he's contractually obligated to complete.

the word

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Amber Rose & Odell Beckham Jr. hung out, must be dating

Amber Rose and Odell Beckham Jr. were spotted getting cozy at Coachella this weekend and I'm all about it.

According to Perez Hilton, Rose and Beckham spent some quality time together at the West Coast music fest and even shared a romantic scooter ride together. They also reportedly grabbed swag bags together in one of the merch tents, another classic picturesque activity for two people in the throes of young love.

After all, Coachella is the most romantic, most bonkers, most perspiration-heavy music festival.

A spy — maybe Nathan Hale, famously known as the first American Spy, circa 1775 — tells Page Six that as the night went on, "they got flirtier and flirtier." I mean, sounds like the perilous consequences of heat exhaustion and free booze to me, but what do I know?

In 2015, Beckham shot down rumors that he was dating Rose, but maybe he's changed his tune. It's OK, dude. We all make mistakes.

Gwen Stefani would like to be knocked up

It looks like Gwen Stefani is looking to quit "The Voice," and she may be bringing her boyfriend Blake Shelton with her.

According to Inquistr, the couple has experienced friction with their co-star Miley Cyrus, and Stefani, 47, basically refuses to be on the same panel as her. Mature! The couple could be distracted for another reason too: There's a good chance that Stefani intends to get knocked up, and she intends to do it very soon.

According to The Hollywood Gossip, the pop star and Shelton, 40, are talking about marriage despite not being at all engaged — but their priority is pregnancy. "They're trying to have a baby first," says a source. "That's their main focus right now." Oh, man.

Here's hoping that these two and their annoying, possibly just for publicity relationship won't be the downfall of A. "The Voice," and/or B. our society.

Prince Harry has emotions, feels things

It's been 20 years since Princess Diana's tragic death. And now her youngest son, Prince Harry, is opening up about losing his mother at age 12.

In an interview with The Telegraph's Mad World podcast, the 32-year-old talked about doing the work of caring for your mental health. "I can safely say that losing my mum at the age of 12, and therefore shutting down all of my emotions for the last 20 years, has had a quite serious effect on not only my personal life, but my work as well," he said, according to Cosmopolitan. "I have probably been very close to a complete breakdown on numerous occasions.

"I've now been able to take my work seriously, been able to take my private life seriously, as well." Your private life, huh? I mean, sure, you're working hard to break the stigma surrounding mental-health issues, but could you also be trying to give us a subliminal message about your romantic life, my dude?

Of course, the timing is right. Things have been getting serious between The Young Ginger Prince and his girlfriend, actress Meghan Markle. And I don't know about y'all, but I am definitely ready to see a black woman in Buckingham Palace, even if her husband is more than several steps removed from any actual position of power.

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Missandei learns how to hack

"Game of Thrones" star Nathalie Emmanuel talks about being hit on in "The Fate of the Furious."

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Nathalie Emmanuel hasn't been home a lot lately. By home, she means London.

"I mean, my stuff is there, you know?" the English actress tells us. "I'm rarely here. But I am technically living in London." But traveling's fine by her. "I can't get enough of it at this point. There is going to come a time when it doesn't happen as much. You might as well enjoy it while it is."

In short, she's been busy. Since 2013, Emmanuel, 28, has played Missandei, interpreter for Daenerys Targaryen on "Game of Thrones." Then she got sucked into the "Maze Runner" franchise. Then she became part of the speed junkie team (sorry: "family") of the "Fast and/or Furious" series. Starting with "Furious 7" and continuing with the new "The Fate of the Furious," she's played Ramsey, a hacker and our heroes' only other female team member (after Michelle Rodriguez), who luckily doesn't have to do any of the driving.

Even though the eighth installment is only Ramsey's second appearance, Emmanuel says her character's already a bit jaded by the experience. For one thing, she spends some of the film being hit on, badly, by Roman (Tyrese Gibson) and Tej (Chris "Ludacris" Bridges), prompting many close-ups of her rolling her eyes.

"It's like, 'Oh, for goodness sake, these silly boys,'" she says. "She sort of finds it slightly amusing. She's probably been getting that for a while now. I quite like the fact that she's sort of over it.'"

It also shows how much Ramsey stands out from the pack. "She's there as somebody who is very skilled, who has earned her right to be part of this team. She's not necessarily connected to anybody else. She's very independent of them. They've all grown up together, and she doesn't have that history."

"Game of Thrones" vet Nathalie Emmanuel returns to the "Fast and/or Furious" series as hacker Ramsey in "The Fate of the Furious," now in theaters. UNIVERSAL PICTURES

In real life, Emmanuel isn't quite the techie she plays onscreen. You don't have to be a hacker to play one. But you do have to look like you know what you're doing, which isn't always easy.

"Sometimes you can tell when someone's faking it. Some actors will say you can tell when an actor doesn't smoke. I was worried people would say, 'You can tell she doesn't type like that all the time,'" Emmanuel says. So she basically practiced, well, typing. "A trick I would do when filming is I would think of sentences in my head and type those on the keyboard — phone numbers or addresses, whatever. I tried to make it look like there were thoughts coming through my fingers."

GETTY

The "Furious" movies may be among the biggest entertainments on the planet, but "Game of Thrones" is right up there. Over the show's five seasons, Emmanuel has been able to let Missandei grow considerably from the quiet, reserved character she was at the start.

"It used to be that she wasn't considered a human being. She was considered property. Suddenly she's had to navigate a landscape that's completely foreign to her. She's had to make choices. She's had feelings or emotions and wondered whether she should express them," Emmanuel explains. "It's all new territory for her. If you've been brainwashed and indoctrinated your whole life and suddenly your surroundings change, there's always going to be a slight battle with that inside of yourself. Over the series you get to see her evolve and open up, find her way, essentially. It's great to have the time to explore that."

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Green energy is a game-changer

Why switching to clean power is the biggest thing you can do on Earth Day.

LINDA CLARKE
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Every year on Earth Day, John Oppermann hears the same question: How do I green my lifestyle?"

"People are so eager to change," says Oppermann, executive director of the Earth Day Initiative. "The demand is there, but it can be overwhelming knowing where to start. We made it super easy for individuals to take a big first step."

The biggest way households contribute to global warming is their electricity consumption, much of which is created using fossil fuels and fracking. These methods damage the environment from the way they're removed from the earth to being burned in power plants.

This is what makes switching to a green energy source the most effective change you can make to green your household, and with the #CountTo50 campaign, it can be the easiest change you make, too.

Taking advantage of cleaner renewable energy sources is tricky for the average apartment-dweller — it's not like you can add solar panels to your balcony. But anyone who pays an energy bill can switch from a standard provider to a clean-energy one. All it takes is a utility bill with your account number, and logging onto earthdayinitiative.org.

A sample rate

For an apartment in New York's Bed-Stuy, ConEd provides conventional power at 5.89 cents per kilowatt hour. The lowest green-energy quote for the same apartment was 8.29 cents/kwh.

While there, you can also check out the Earth Day Initiative's complete guide to greener living, with tips for sustainable transportation, food and fashion.

There are no tax refunds for switching to green power, like those for homeowners who install solar paneling. But the cost to switch is minimal, and often nothing.

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Aging In Place - Bathroom Updates

We asked our Bath Experts provide answers to a few of our most frequently asked questions about Bath Safety. A topic of concern with baby boomers.

"My husband was diagnosed with a long term illness. What safety items do you offer? We want to convert from a tub to a shower now, before his illness progresses."
- Lois, Collegeville, PA

We offer showers that have a low "curb" option so if you use a wheelchair or walker, you can easily get in the shower and walk-in tubs with an in-swinging or out-swinging door. Safety grab bars, handheld adjustable and removable shower heads, non-slip textured shower floor, and shower seats are also among our safety features.

"Next Month I am having my hip replaced. Can you really redo my bathroom in just one day? I have been told it takes almost a month."
- Fred, Abington, PA

YES, we do shower and tub area conversions in one day. A traditional tile bathroom can take several days or weeks to complete. You have to deal with removing old tiles and the debris, then prep the wall for new tile, install new tile, let the adhesive dry, grout, etc. All that can take much longer that our One Day Replacement method.

"I am almost 80 and really want to stay in my home of over 30 years. What changes do you suggest I make now so I can continue to bathe safely in the future?"
- Susan & Barry, Norristown, PA

Most of us will experience mobility issues as we get older. It's good to think ahead and make changes now that will make life easier in the years to come. We can change your existing tub into an easy-access shower or walk-in tub with safety features like grab bars, a shower seat, handheld, adjustable shower head and a non-slip textured bottom.

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New Yorkers march on Albany last June in support of the NYS Climate & Community Protection Act.

others it decreases, depending on what you're already paying," he says. "But the increase is often no more than $5 a month, and usually less." And the more people who sign up for clean energy, the more prices will come down.

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The Little Lion has an insane $19 breakfast buffet now

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Yesterday, The Little Lion in Old City unveiled a $19 express breakfast buffet, which will be served every Monday through Friday, from 8 a.m. to 11 a.m.

Items include classics like scrambled eggs, sausage, house-cured bacon, turkey sausage, a toaster station, fresh fruit, seasoned breakfast potatoes and yogurt with honey. Kale salad, mini hoecakes, house-baked peanut butter granola and a dish of the day (red velvet cheesecake French toast, eggs benedict, buffalo chicken gravy and biscuits) are among the signature items available.

There will also be mini-pastries made in house like the Little Lion's much raved about espresso creme brulee, berry bread pudding, cookies and more.

Thirsty yet? Coffee and fresh-squeezed juice is included in the express breakfast buffet.

If you're bringing the whole family, this is a dining experience that won't break the bank as kids under 12 eat for only $10 and kids 5 and under eat free.

Not a fan of buffet-style feasting?

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Kelly Rowland gets real about pregnancy

In her debut book "Whoa, Baby!" the singer tells all.

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Kelly Rowland is blowing the lid off pregnancy taboos. In her debut book, "Whoa, Baby! A Guide for New Moms Who Feel Overwhelmed and Wonder What the #*$& Just Happened," the former Destiny's Child singer talks about everything you're not supposed to talk about when it comes to the beautiful — er, more like mystifying, terrifying and at times gross — process of bringing new life into this world.

"Whoa, Baby!" serves as a tell-all and a resource. The 36-year-old singer co-authored the book with her ob-gyn, Dr. Tristan Bickman, who could provide the medical expertise that informs Rowland's personal accounts of the physical and hormonal changes she experienced during and after her pregnancy.

"I had a million questions and the only person I could call was Dr. Bickman to answer all of them," she says on a call from Los Angeles. "I wish I had had this book after I had my son. If you have the information, you feel more prepared."

Rowland doesn't hold back about the changes to her lady parts. "I felt like she — she is my vagina — was telling me, 'Please just let me be. I just need some time for myself, let me heal!'" she laughs. And she's considering getting a boob job, "just to get them to sit up again."

That openness carries over into matters like postpartum depression. "Once you talk about it, it opens up a dialogue for everyone to talk about it," she says. "No one should feel ashamed or uncomfortable. We have to ask each other, 'How are you feeling?' As moms, as women, we can hold each other up and support each other."

Kelly Rowland tells all in her debut book, "Whoa, Baby! A Guide for New Moms Who Feel Overwhelmed and Wonder What the #*$& Just Happened." GETTY IMAGES

Then there are the oddball physical changes. "My stomach just became literally the color of charcoal," she says. "It stayed like that for about three months. It really freaked me out."

Another thing that happened to Rowland is something called diastasis recti. You've probably never heard of it, but it's an extremely common condition in which the abdominal muscles separate during pregnancy because of pressure from the growing fetus.

Rowland discovered she had the condition a year-and-a-half after giving birth to her son, Titan. "I was completely immobilized for more than a day, I simply could not move," she writes in the book.

"It affects your back tremendously if you don't keep an eye on your core," she says. Now she works with trainers doing exercises like pelvic tilts and also track routines — she loves to sprint.

Dr. Iffath Hoskins, clinical associate professor in obstetrics and gynecology at NYU Langone, tells us she sees the condition in about 80 percent of patients.

"As the pregnancy progresses, there is a stretch on the abdominal muscles. The muscles get looser, like a stretched-out rubber band. After the pregnancy, they never really go back completely," Hoskins explains.

This creates an actual gap between the muscles, which can make the belly pooch out. Another sign: if you press two to three fingers on either side of the belly button and feel a space there.

Core-strengthening exercises are a great way to prevent and rehabilitate the condition, but stay away from crunches and sit-ups, Hoskins warns, which "increase your abdominal pressure, tighten the muscle and put more force on it."

Rowland says it took her a long time to get used to her postbaby body and "find her groove." But now she's ready to do it all over with baby No. 2.

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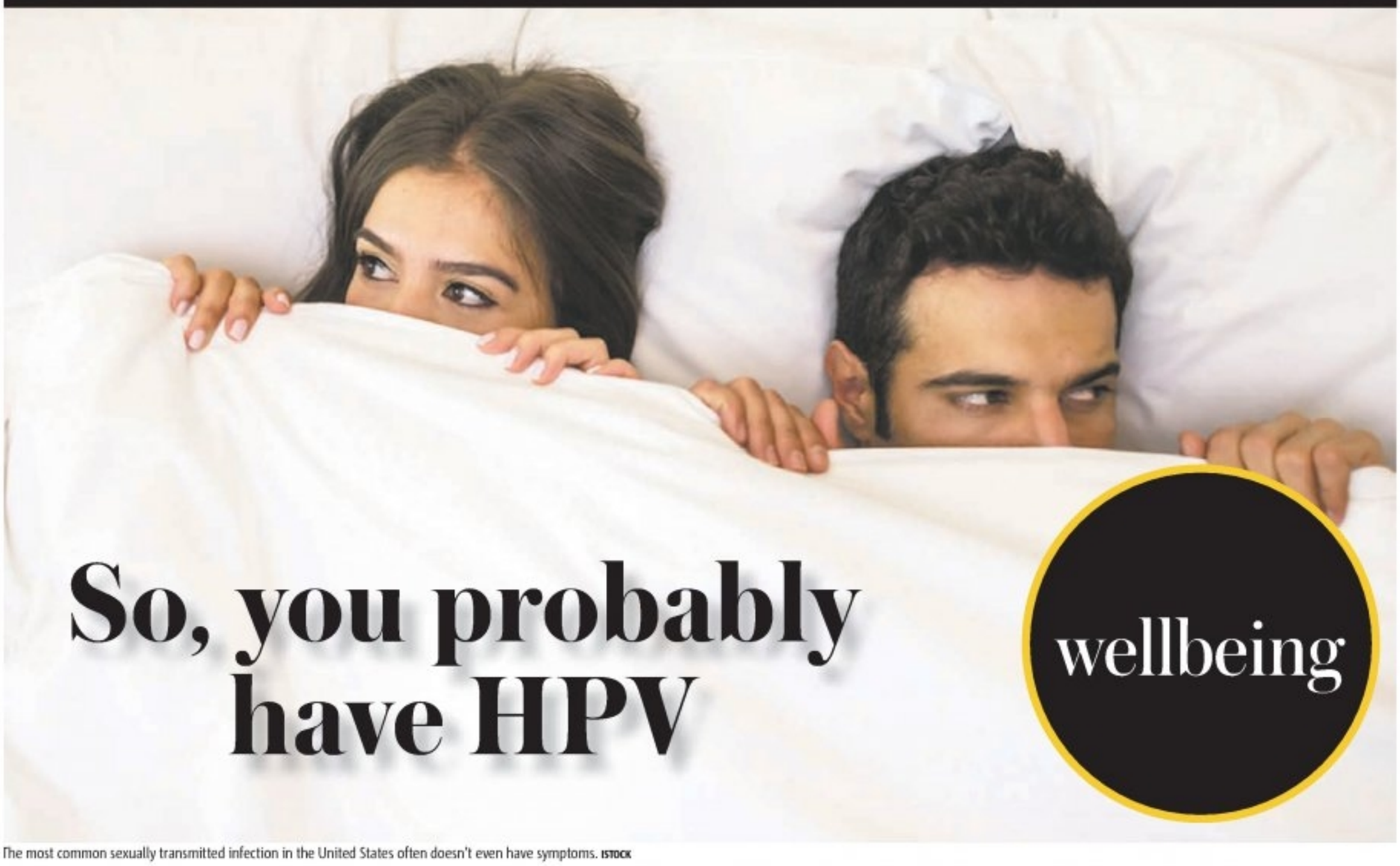

So, you probably have HPV

wellbeing

The most common sexually transmitted infection in the United States often doesn't even have symptoms. ISTOCK

What to know about the most common sexually transmitted infection.

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HPV is one of the most mysterious sexually transmitted infections. Although 80 million Americans are infected with human papilloma virus, many don't even know that they have it. That's right — the most common STI in the country often doesn't even have symptoms. And in 90 percent of cases, the immune system clears the virus from the body within two years.

A recent study from the National Center for Health Statistics reveals that 42 percent of Americans ages 18 to 59 have HPV. Of that population, roughly 25 percent of men and 20 percent of women are infected with high-risk strains, which are most commonly linked with cervical cancer.

While these new findings shouldn't necessarily alarm you, the prevalence of the virus — and the significant number of high-risk cases — is reason enough to get educated and make sure you're getting screened regularly.

Dr. Grace Lau, assistant professor of obstetrics and gynecology at NYU Langone Medical Center, walked us through the most need-to-know aspects of the most under-the-radar STI.

What is HPV?

HPV is a sexually transmitted virus with over 100 types, or strains, 40 of which are sexually transmitted via oral, vaginal and anal sex. (Other strains cause hand and feet warts, and while those might look scary, they're benign.) Although the virus doesn't manifest any visible symptoms, except in the case of genital warts, it's extremely contagious, with any sexually active person susceptible to it, according to the Centers for Disease Control and Prevention. Unlike with other STIs, wearing a condom doesn't fully protect you, as exposed skin surrounding the condom can still spread it, Lau notes.

High-risk vs. low-risk HPV

The myriad strains of the virus are categorized high-risk and low-risk, indicating how likely they are to develop into cervical cancer. The strains HPV-16 and HPV-18 are responsible for 70 percent of cases of cervical cancer, whereas strains HPV-6 and HPV-11, while linked to 90 percent of cases of genital warts, have a much lower likelihood of causing cancer.

How do you get tested for it?

It depends on your age and sex. Guidelines from the American Society for Colposcopy and Cervical Pathology advise that women in their 20s get pap smears every three years, and from age 30 to 65, every five years. While 20-something women are not specifically tested for HPV, the pap smears can detect abnormal cervical cells, after which your doctor can assess next steps. Women age 30 and older receive an HPV test in conjunction with the

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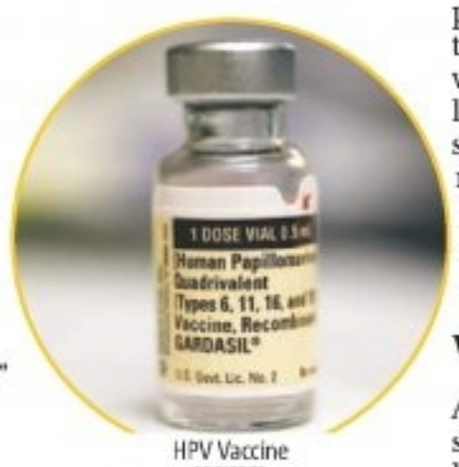
A doctor administers the HPV vaccine. GETTY IMAGES

pap smear, which tests for 14 of the most common high-risk strains.

Not-so-fun fact: Although men are just as likely to contract HPV as women — and just as likely to pass it to a sexual partner — there is no HPV test for men. This is because statistics of men developing anal, penile or oropharyngeal (throat) cancers from HPV are extremely low. According to Lau, with increased research on HPV, testing for men might — and should — become an option. "[For men], knowing your status and whether this is something you could transmit to your sexual partner could be helpful," she says.

How do you prevent it?

The best way to prevent HPV is to get vaccinated against it at a young age. The three FDA-approved vaccines approved for females ages 9 to 26 — Gardasil, Gardasil-9 and Cervarix — prevent infections caused by HPV-16 and HPV-18, the high-risk strains that have been linked to 70 percent of cervical-cancer cases. While the vaccines may provide some preventative benefit in adults older than 26 — although insurance is less likely to cover it — they are most effective when administered to kids around age 11 or 12, before they're sexually active and are less likely to have been exposed to the virus.



HPV Vaccine
PROVIDED

How do you treat it?

While most incidences of HPV clear up on their own, for persistent cases there are a few options. Genital warts are often treated with prescription gels or removal via cryotherapy (freezing) electrocauterization (burning) lasers or surgery.

In the case of an abnormal pap smear or detection of high-risk HPV, a patient is advised to return for a colposcopy, a procedure that examines the cervix and then biopsies tissue to evaluate any potential precancerous changes in the cells. This can follow with a LEEP procedure — loop electrosurgical excision procedure — which removes the abnormal cells and is 90 percent effective, according to Planned Parenthood.

What you can do

Aside from getting screened regularly and keeping up on new research, you likely don't need to spend much time fretting over HPV. "You have to live your life," says Lau. "Because the reality is, HPV is prevalent, but being educated about what that means and following through with your doctor to make sure if you have an infection it clears is the most important thing."

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HEY, PHILLIES, DON'T MAKE IT THE 'WALL OF MEDIOCRE'

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
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Fans of a certain age (mine) cheered last week when the Phillies announced Pete Rose will finally be enshrined into the team's Wall of Fame this summer. Say what you will about Rose's gambling, lying and low character (true, true and true), he will always be an iconic figure in franchise history.

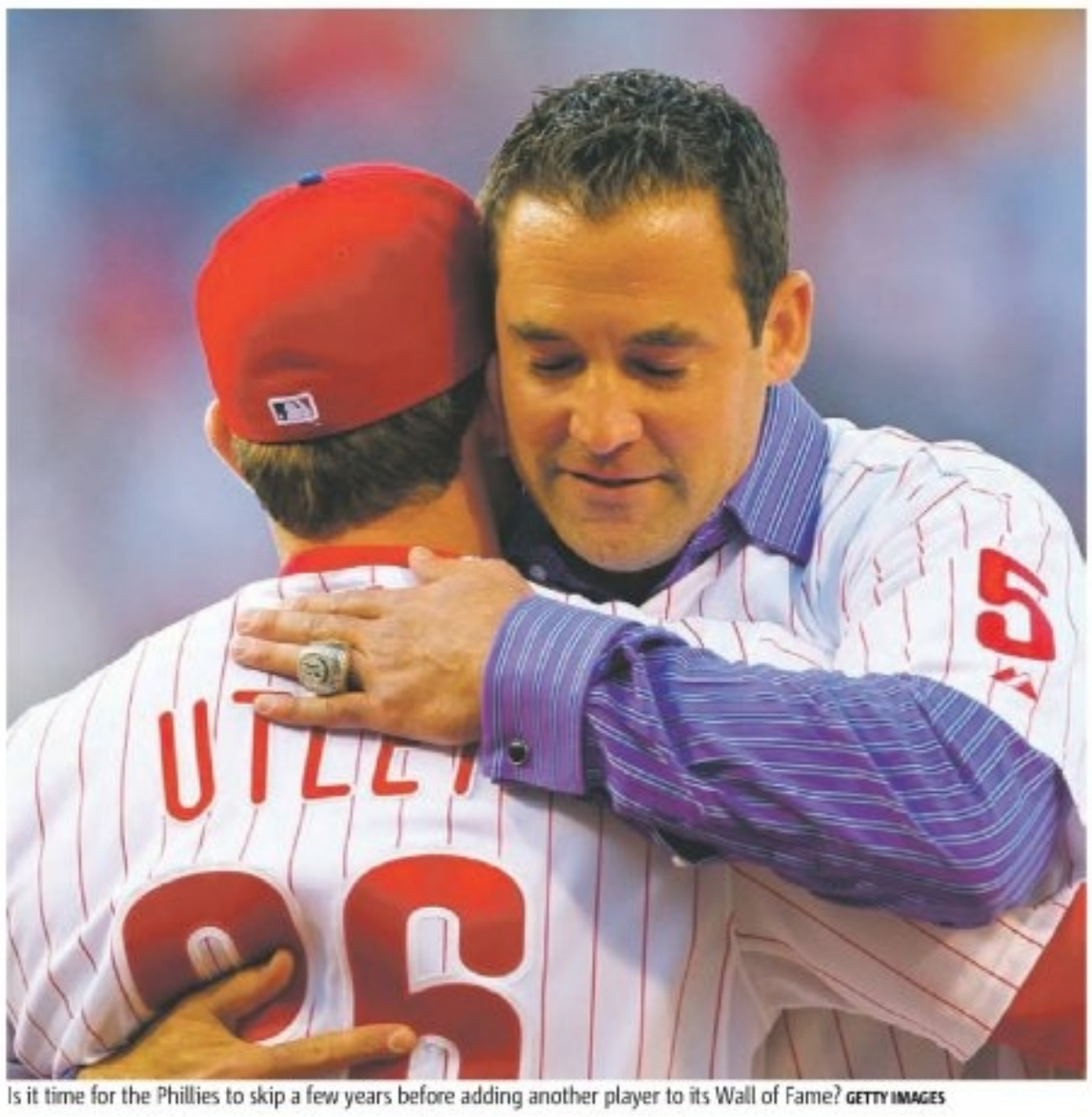
Rose, now 76, played just five seasons here. But he proved to be the missing piece the Phils needed to win the 1980 World Series. He drove his teammates to be better. He hit .326 in 25 postseason games wearing red pinstripes. He was beloved by fans.

This one's not debatable. And that's important. Because in recent years, the Phils seem to have abandoned border patrol on their Wall of Fame, allowing the entry standard to drop from all-time great to kinda good.

Mike Lieberthal permanently enshrined? I realize "Lieby" played 13 seasons here, but also know those years perfectly coincide with the Phils streak of missing the playoffs. That is not coincidence.

John Kruk? A valuable part of those 1993 World Series rascals, to be sure. A popular guy. Fine broadcaster. But if you start ranking every Phillie by career WAR, you'll pass 49 others before you land on Kruk. Pat Burrell, a 2015 inductee, is another seven pegs below that in career value.

Beyond minimum playing-time standards, there is no hard-set logic determining who gets into these things (read: Dave Schultz in the Flyers Hall of Fame). For the Phils, it seems, the motivation in recent seasons has been honoring popular players who may jack up mid-summer attendance. Hello, Jim Thome.



Is it time for the Phillies to skip a few years before adding another player to its Wall of Fame? GETTY IMAGES

Maybe that's fine. Maybe having Burrell and Lieberthal share gold-leafed permanence with Mike Schmidt and Steve Carlton only annoys me.

By my thinking, three criteria should play into this: Was the player an all-time franchise great? Was he an important cog on winning teams? Was he a fan favorite? Any player who doesn't check two of those boxes probably shouldn't be enshrined.

In the future, this won't be a problem. Soon we'll enjoy the parade of Rollins, Utley, Howard and Hamels (assuming those guys ever retire). Carlos Ruiz and Shane Victorino will have their day, and deserve it. Maybe Brad Lidge. Maybe Jayson Wer … oh, never mind.

But in the interim, Scott Rolen and Bobby Abreu are probably on deck. Outstanding players, for sure, but two who played for lousy teams and sure didn't connect with the fan base. That'll be a festive weekend, listening to Rolen wax poetic about how he demanded a trade out of town.

Nothing cheapens Halls of Fame like an open-door policy. The Flyers, to their credit, discovered there were no more Bullies to honor after Schultz and skipped five years before the 2014 double-enshrinement of Eric Lindros and John Leclair.

The Phils should consider the same. Give it a rest after Rose. Stall a few seasons until the 2008 heroes are eligible. Honor the great, the impactful, the truly beloved. Otherwise, at this rate, we'll soon be facing Pete Incaviglia Night.

Wentz, Jeffery went out for dinner to jump-start chemistry

Carson Wentz finally had a chance to take a break this spring.

After a whirlwind of a season that eventually saw him starting an entire season as a rookie at quarterback for the Eagles, the 24-year-old spent much of his offseason hunting, hanging out with Mike Trout and attending other city sporting events like Flyers games.

"For me, being a rookie, it's crazy," Wentz told the media Monday on the first day players were allowed to report to work in the weight room at the NovaCare Complex. "From the combine all the way through, and to be fortunate enough start 16 games, it was nice to get away, to breath and relax. The last couple weeks have been pretty exciting to get back to these guy and some new faces and get back to work."

The most alluring new face is no doubt that of Wentz' biggest new toy, wide receiver Alshon Jeffery, who signed a big one-year contract on the day free agency began last month.

The two are looking to jump-start their chemistry.

"Alshon's great. Getting to eat dinner with him and be around him," Wentz said. "He's a quiet guy, but I have seen him on film and we talked about things he can do on the field. I haven't gotten to know him too much yet, but I will."

Carson Wentz could have quite the season with Alshon Jeffery lining up beside him in midnight green. GETTY IMAGES

Wentz said he met the Eagles other new wideout, Torrey Smith, for the first time Monday, and just like he did last season with Jordan Matthews and a few other offensive players, he hopes to organize some kind of a workout "retreat" this summer.

"We have some plans but I have to talk to these wide receivers to see what we want to do this summer," Wentz said.

Even in the relatively low-stakes environment of an April workout, Wentz is thinking about winning.

"I want to win," he said. "[A record of] 7-9 is not going to make the cut, that's what we have to improve on."

EVAN MACY

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NFL draft: Eagles late-round targets

The Eagles could use a proven winner and leader like Clemson's Ben Boulware. GETTY IMAGES

The Eagles will need to find good value and a few sleepers late in the NFL draft.

LUKE MILLER
@LukeFM7
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Jason Kelce. Trent Cole. Brent Celek. All have been centerpieces of the Eagles over the last decade, and all were drafted in the fifth round or later. Today we're profiling five players who could give the Eagles a boost if the Birds call their name on April 29th:

Corn Elder, CB, Miami

Elder is probably the only player on this list with a good chance to hear his name called before the third day, but the depth of the cornerback class could see him hang around until the fourth or fifth round and provide tremendous value. His size (5-foot-10, 183 pounds) might remind fans of Brandon Boykin and could have kept him off Chip Kelly's draft board, but the new regime doesn't seem inclined to limit the pool of available talent.

He hits running backs and receivers with a fierceness Jim Schwartz should love, driving through tackles and targeting the football. He sacked the quarterback six times and forced five fumbles over his final three seasons at Miami. He's shown the capability to track the ball in the air like a punt returner and had three interceptions to show for it. In 2016 he was named First Team All-ACC.

KD Cannon, WR, Baylor

Cannon ran an extremely limited route tree in Baylor's Air Raid offense, but excelled at what was asked of him: go routes. In three seasons in college, he scored 27 times and twice averaged over 17 yards per catch. His speed showed up at the combine (4.41 in the 40-yard dash) and despite his lack of impressive size (5-foot-11, 182 pounds) he has shown the ability (albeit inconsistently) to go up and over defensive backs to take away a contested ball, as his 37-inch vertical would suggest he can.

If Torrey Smith isn't able to recapture the form that would take the top off of defenses in Philadelphia, Cannon could step into the role of downfield threat for the Eagles from day one while the team attempts to develop him into a complete NFL receiver.

8

THE EAGLES HAVE EIGHT PICKS IN NEXT WEEK'S DRAFT, NOS. 14, 43, 99, 118, 139 155, 194 AND 230.

James Conner, RB, Pittsburgh

Conner is a great story, recovering from Hodgkin's lymphoma in 2015 to beat cancer and earn First Team All-ACC honors in 2016. After running for 1,765 yards and 26 touchdowns as a sophomore, he returned to the field for 1,092 and 16 his senior year. He also developed as a receiver out of the backfield: in 2016 he caught 21 passes, four of which went for scores. In the 26 games he played prior he caught just nine.

With just a 4.65 forty, Conner won't be running away from defensive backs in the second level in the NFL, but his work as a 6-foot-1, 233 pound battering ram should continue without hesitation.

JoJo Mathis, EDGE, Washington

Mathis started 2016 well, with five sacks in six games for the eventual playoff Huskies before foot surgery ended his season. It had been a breakout for the pass rusher, who had just four sacks in limited playing time early in his career while struggling through a coaching change.

Most think Mathis (6-foot-2, 266 pounds) will be a better fit coming off the edge in a 3-4 defense, but he spent time lining up both on his feet and with a hand in the dirt at Washington, and showed off a burst that could bolster the Eagles defensive end rotation where he wouldn't be asked to take a starting role from Vinny Curry or Brandon Graham any time soon.

Ben Boulware, LB, Clemson

The quarterback of Clemson's defense had the same knack for big moments as his counterpart on offense, Deshaun Watson. Against Louisville in 2016, he had 18 tackles and a sack. In the playoffs against Oklahoma in 2015 he recorded a sack and an interception. Boulware's instincts have led to making the most out of a 6-foot-0, 238 pound frame and 4.85 speed.

He has a knack for finding his way to the tipped pass — five career interceptions — and finished his college career with 261 tackles, eight sacks, and seven fumble recoveries. A college captain, Boulware feels like a natural continuation of the DeMeco Ryans and Jordan Hicks mold of inside linebackers for the Eagles.

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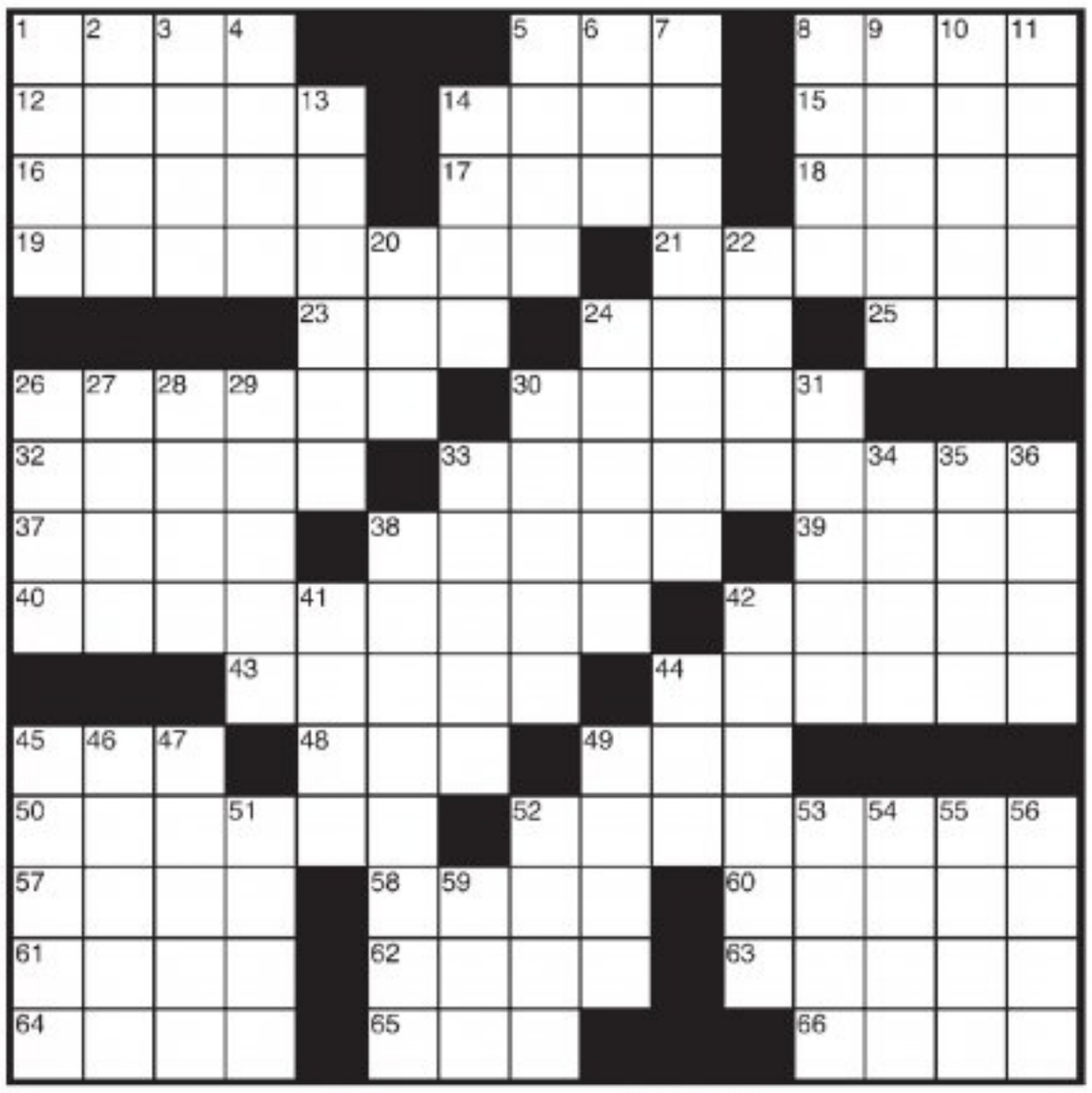
PLAY OUR NEWS QUIZ, WIN $100! (see page 2)

metro.us/games

metro.us/crossword

Across
1 Did in the dragon
5 -- au vin
8 Cockamamie
12 Archer of note
14 Soybean product
15 Qatar ruler
16 Wonderland girl
17 Stereo system (hyph.)
18 What Ali stung like (2 wds.)
19 Put to bed (2 wds.)
21 By a whisker
23 Slumber-party attire
24 "NOVA" network
25 Country rtes.
26 Heavy rainfalls
30 Edgar -- Poe
32 Man-made fiber
33 Jealous (hyph.)
37 Afrikaner
38 Poet's adverb
39 Wizened
40 Jogger's wear
42 Wood finish
43 Ridge between faults
44 After-dinner chore
45 -- Mahal
48 -- -di-dah
49 Garnet or ruby
50 Did not resist
52 As if in a reverie
57 Botanist's wings
58 Gossip tidbit
60 River in France
61 Funny Nora --
62 -- de plume
63 Funny bone
64 Gets the picture
65 Earth, in combos
66 Spyglass part

Down
1 "Out, cat!"
2 Dilly
3 Spectacular
4 Candle part
5 Kind of purse
6 Switch position
7 Nitpicker
8 Diary opener
9 Fossil resin
10 Pasture
11 Low cards
13 Keep digging
14 Closer than that
20 LP spinners
22 Wise-owl link
24 Beseech
26 Is grief-stricken
27 Stern opposite
28 Nautical position
29 Rabbi's reading
30 "You -- serious!"
31 Robins' domiciles
33 Grind, as teeth
34 Slangy OK
35 A Great Lake
36 Lairs
38 Causing a blister
41 Enameled metal
42 Metaphor kin
44 Some, to Pierre
45 Warty critters
46 "Devil With -- -- Dress On"
47 Dixon of astrology
49 Junk food buys
51 Longings
52 Office note
53 Ex-NFL coach Chuck --
54 Taunt
55 Hubbard of sci-fi
56 Somber evergreens
59 "Little piggie"



metro.us/sudoku

easy

	4	7						2
			3	6			7	8
		6	9			4		
		5			1		3	
3			2	5	7			1
	1		6			7		
		8			9	5		
4	9			3	6			
1						6	4	

hard

		5		2	6			9
	9		7				1	
			3	8		4		
2	3	4						1
	6						3	
9						6	2	7
		9		3	2			
	2				1		4	
3			5	7		2		

metro.us/horoscopes

Aries Don't let what others do tempt you. You are best off doing your own thing. A problem you have with whoever is in charge is best kept to yourself.

Taurus Learn all you can and apply it to what you are trying to accomplish. Put one foot in front of the other and keep moving until you reach your destination.

Gemini Don't let people get you down or take away from what you are trying to accomplish. If someone makes it difficult for you to function, reconsider the relationship.

Cancer Use common sense and exercise caution when dealing with someone showing signs of inconsistency. Keep a close watch on extravagance in others and yourself.

Leo Emotional situations will surface at work if you or a colleague is impulsive or unrealistic. Think before you act or respond.

Virgo Spending time with someone who could provide knowledge and insight into something you want to pursue will pay off. Look over personal contracts.

Libra Put your time and energy into positive pursuits. You'll make progress if you stay focused and dedicated. Finishing what you start will help you avoid criticism.

Scorpio Personal alterations can lead to gains if you are passionate about the changes you enact. Don't rely on someone else to take care of your responsibilities.

Sagittarius Think twice before you do or say something you'll regret. Concentrate on making personal changes instead of trying to change others.

Capricorn Question anyone trying to force through a plan without offering sufficient grounds for doing so. It's your right to know facts and figures before you get involved.

Aquarius You'll end up spending more if you haven't taken care of your personal investments or taxes. Dealing with institutions and government agencies will require finesse.

Pisces Explain what you want and what you expect. Being evasive will not help you get ahead. Show your ability to adapt, understand and take charge. EUGENIA LAST

Yesterday's answers

D	U	E	T	S	■	J	A	N	E	■	W	H	A	T
E	P	C	O	T	■	E	N	Y	A	■	R	O	M	E
A	T	R	I	A	■	L	I	E	U	■	E	R	O	S
F	O	U	L	B	A	L	L	■	■	H	A	I	K	S
■	■	■	L	B	S	■	F	R	I	T	Z	■	■	■
Y	I	P	P	E	E	■	B	A	C	K	H	O	E	■
A	H	E	A	D	■	C	A	R	P	E	■	N	T	H
K	E	R	R	■	A	L	L	O	T	■	E	T	U	I
S	A	P	■	B	L	O	K	E	■	B	L	A	D	E
■	R	E	G	R	E	S	S	■	T	A	L	L	E	R
■	■	T	R	A	C	E	■	C	A	N	■	■	■	■
M	O	R	A	Y	■	■	O	U	T	D	O	I	N	G
E	B	A	Y	■	M	G	R	S	■	I	N	D	I	A
L	I	T	E	■	A	R	C	H	■	T	I	L	L	S
D	E	E	R	■	X	R	A	Y	■	S	T	E	E	P

Can't wait until tomorrow to check your answers? Visit **metro.us**

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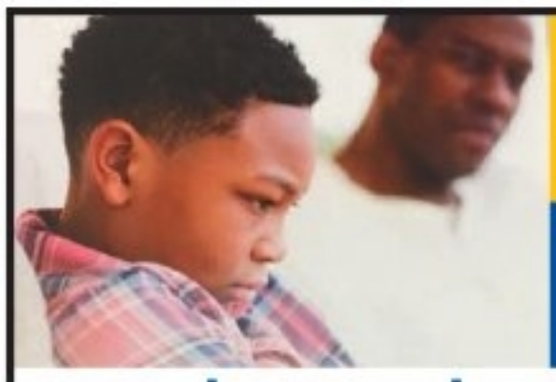

If your child is being treated for ADHD,

but has trouble controlling anger...

A clinical study is now enrolling.

Children with ADHD sometimes show symptoms of additional disorders, including Impulsive Aggression (IA). The child's behavior is out of control with anger and aggression that occurs rapidly and without reason. Examples of IA include arguing, cursing, yelling, threatening, throwing things, hair pulling, and hitting.

This clinical research study will evaluate a study medication for IA. Your child may qualify for the study if he or she:

- Is 6 to 12 years old • Has been diagnosed with ADHD
- Is being treated with medication for ADHD
- Displays symptoms of IA

Additional requirements apply.

Clinical research studies evaluate medications and medical devices on patients to make sure they are safe and effective prior to being released to the general public.

The studies are carefully designed and conducted to make patient safety the priority, and the studies are overseen by regulating agencies such as the Food and Drug Administration (FDA).

For more information, please contact:

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No cost to participate
Compensation for time and travel

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THE HONOR STUDY

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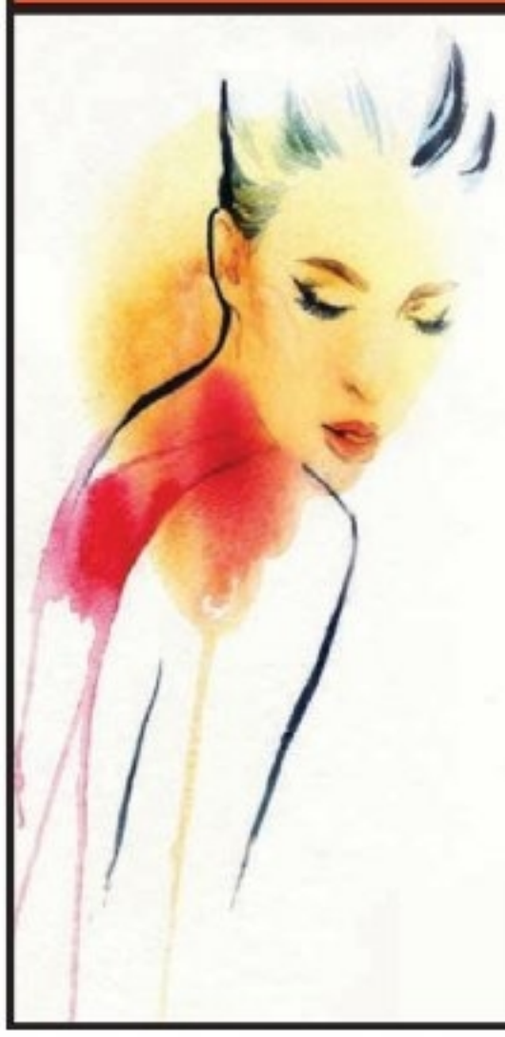

Does your child suffer from eczema?

Hassman Research Institute is looking for subjects who have eczema to participate in a clinical research study evaluating an experimental topical medication.

8 visits over approximately 10 weeks

Ages between 12 and 17 years old • Compensation: up to $675

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